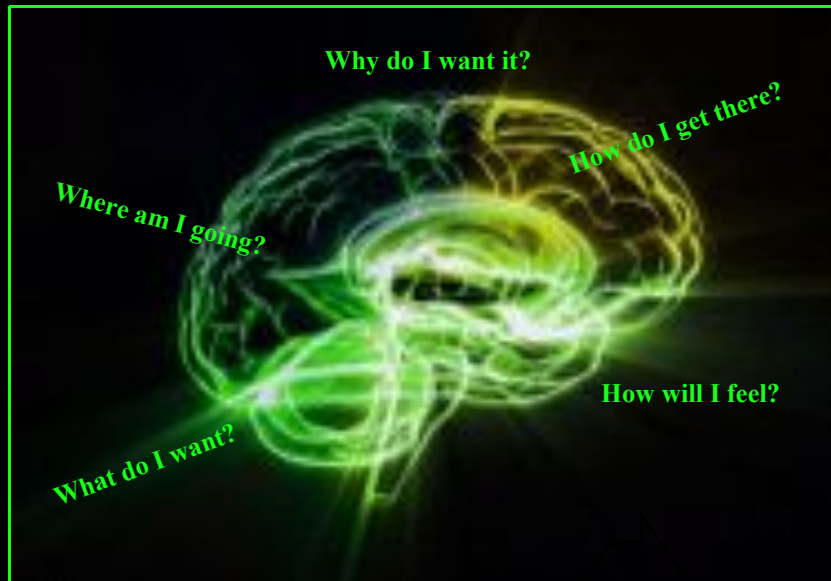


ACTIVATE THE EXCEPTIONAL IN YOU



The 7 Essential Steps to Power Up Your Life Vision



Abundant Life Solutions
ACTIVATING THE EXCEPTIONAL IN YOU

The 7 Essential Steps to Power Up Your Life Vision

Welcome! All of us here at Abundant Life are so excited to be able to present this activation programme to you so you can start creating your very own exceptional **"Life Vision"**

So What is a Life Vision?

Your Life Vision sets the scene for **WHERE** you are going in your life but more importantly it must contain the **WHY** you want to go there! It is the internal compass that points you in the right direction to achieve your goals and when applied properly, attracts to you the **HOW** solutions to achieve it. Whether you are creating a vision for your personal life or for the growth of your business the principles are the same.

Many people can tell you where they want to be in the next 5 years but they never stop to ponder on the why they have chosen this direction. So a lot of what they put down a vision statement is what is referred to as "Pipe dreams", they actually have no substance, they are just wishes and wants. To coin an old phrase "If wishes were horses, beggars would ride." Worldwide there have been more wishes made in the last five minutes by people desperate to live more fulfilled lives than there are stars in the sky. Think about how many times a day you may be putting a wish out there;

- "Wish I had more money"
- "Wish I had a better job"
- "Wish the boss would go jump"
- "Wish the kids/family/friends would give me a break for some "me" time"
- "Wish my staff were more motivated/educated/dedicated"
- "Wish my lover understood me better"
- "Wish I could win Tattsлото then all my troubles would be over"

The list is endless and they are all indicators of what is lacking in your life and each time you send an aimless wish out into the ether you feel a little lower or depressed and drained of energy. So the wishing component of **"where my life would be better"** is not really enough to get you there. It doesn't matter how many Post-it notes you write it on, how many vision boards you make, how many positive affirmations you assign to it, it is still missing the vital ingredient.

Let's add the major ingredient for a Vision, the **WHY**. *The why you want something answers an intrinsic **NEED** in you to be or do something*— when a need is met there is an emotional response and when a need is not met there is an emotional response. That response known as a **FEELING** determines what we draw to us – expanded success or the continuation of the same old patterns we have been operating from.

The **NEED** is the **WHY** energy that fuels the **WHERE**! The emotional response to the need is the **FEELING** which ignites passion. Passion enables enthusiasm to build and as it builds, inspiration floods in. From inspiration we gain insight as to the **HOW** to bring our vision into being and this information determines what **ACTIONS** we need to take to materialize it.

Over the next seven steps we will discover the correct way to create a vision and the first step is that you need to know what you want but more importantly **WHY** you want it



A vision needs to

- Have a vital life of its own
- It must ignite passion in you
- It must be powerful enough to override your limited thinking
- It has to be able to morph, move and grow
- It has to be something that you truly want not something you should do (There is NO energy in the word "should")
- Be written to inspire YOU, not impress someone else
- There are specific steps that must be applied to allow the vision to become a reality

Lets Get Started!!!!

This is an activational programme so you will need a journal and a pen, plus the gift of some time each day to work on manifesting your vision.

Our two helpers will indicate to you when you need to take action.



George indicates that you need to

“STOP & CONTEMPLATE”

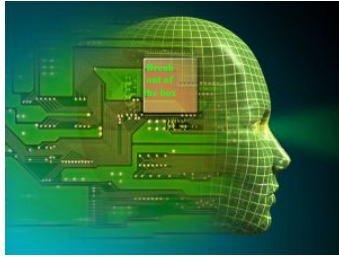
– muse over your next exercise



Kylie indicates that you need to

“TAKE ACTION NOW”

– Physically do the exercise



Step 1 – Getting Clarity

"We lift ourselves by our thought. We climb upon our vision of ourselves. If you want to enlarge your life, you must first enlarge your thought of it and of yourself. Hold the ideal of yourself as you long to be, always everywhere."

Orison Swett Marden (1850-1924

American author and founder of Success magazine

In order to bring a vision to life it has to be what is known as **"Grounded"** – in other words it moves from being "Pie in the Sky" up in wishes and wants land to a tangible living entity and it is actually played out daily in your physical life.



Contemplation Time – think about something you have been truly desiring in your life for at least the past two years. It may be something you want;

- ♦ to be
- ♦ own
- ♦ do
- ♦ associate with
- ♦ impact –maybe you envisage making a difference in the world

Think about **WHERE** would your life would take you if you managed to have this. Just spend a little time imagining it now.

- ♦ Who would be there with you?
- ♦ Would you live somewhere different?
- ♦ Would you start a career in something you have always loved?
- ♦ Would you start learning something new and if so where would that take you?

The possibilities are endless – they are only limited by the beliefs in your mind, so think big!

Think about what goes into planning an event such as a wedding—how much detail does a person usually go into? People spend weeks just creating a colour scheme, search endlessly through magazines to find that special dress, agonize over who will be the bridesmaids, where the reception is to be held, what shall we eat etc. and the planning goes endlessly on right down to the last minute detail. Most people will spend more energy on planning their wedding than they ever will on creating the rest of their lives.

Where would your life take you? Don't rush this exercise, spend as much time as you need to really go on this journey of possibilities. Give yourself the time and space to let your imagination wander. Create a beautiful atmosphere – soften the lights and put on some inspirational music that can transport you into the field of possibilities.



Action Time

Action 1 – In your journal write what your preferred vision for your future is.

Write it out in first person and include all the details that you saw as you contemplated. Write it as if it is already happening in your life now. When you put it to paper you are committing to it.

Action 2 – Over the page is a list of needs follow the instructions to determine your ten top needs

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Needs are universal to all of us. In fact, everything we do, we do to fulfill our needs and if we have not been given the self worth to fulfill them ourselves, we will look outside of us for someone or something to fulfill them which results in co-dependencies. Addictions are an outward manifestation of our own inability to meet our needs. We seek an outside distraction or chemical to stop the pain that is felt when our expectation of others is not reciprocated or when we cannot deal with challenges in our lives because we have not been nurtured to develop strong emotional intelligence during our childhood.

“When our needs are unmet, we experience feelings... when they are met, we experience feelings”

Please tick the Needs listed below that you feel are important to you. You can add others if you wish.
Then highlight ten Needs that you feel are the most important to you. See if these needs are present in the **“WHY”** you want your vision

CONNECTION

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect/Self-respect
Safety
Security
Shared Reality
Stability
Support
To know and be known
To see and be seen

To understand and be understood

Trust
Warmth

HONESTY

Authenticity
Integrity
Presence

PLAY

Joy
Humor
Fun
Adventure

PEACE

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order

AUTONOMY

Choice
Freedom
Independence
Space
Spontaneity

Choice

Freedom
Independence
Space
Spontaneity

MEANING

Awareness
Celebration of life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
Self-expression
Stimulation
To matter
Understanding

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Action 3 - This is the most important step –write down **WHY** you want this vision.

What needs will it support? You might just be surprised what the answer is.

Behind nearly every physical thing that you want to create there is a need to be met and unless you can connect with that you remain separate from your desire

You need to ask **WHY** at least 3 times as this chases the energy down into the subconscious where the real reason lies

Here is an example:

One of our students wanted to create a vision of her passing a section of her nursing exams. She had previously sat this particular exam twice before and had always missed out on getting a pass by about one question. Now it wasn't that she didn't know her work but she became so totally overwhelmed by her nerves that she became paralyzed in her ability to think when questions were being fired at her.

So we asked her **WHERE** would achieving this take her.

Answer "It would allow me to move into the next bracket in my nursing."

When we asked her **WHY** would that be important

1st WHY Answer – "I could advance my career and I could be on a higher income bracket."

WHY is that important to you

2nd WHY Answer – "it would take the stress out of my life and I could breathe easier."

WHY is that important to you

3rd WHY Answer - "Because through achieving this I would feel **confident** about what I was doing and that would make my work more enjoyable"

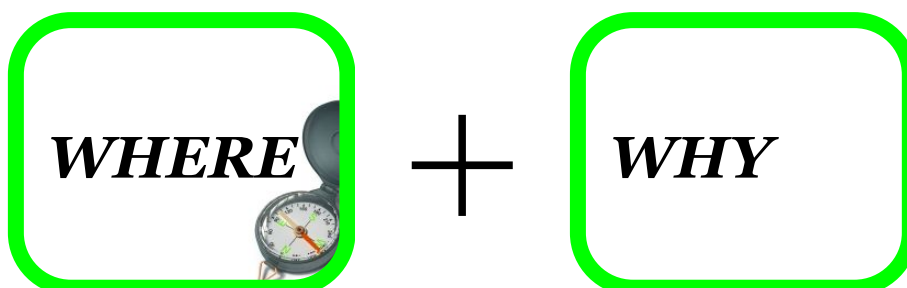
"At which point she became emotional and stated "I never realized that was the real reason I wanted to do this I thought if I could just get more money my life would magically change but what I have just realized is that I have always gone through life needing to feel confident and had been scared to try new things through lack of confidence – in fact it I had chosen "confidence" in both my 10 top values and 10 top needs"

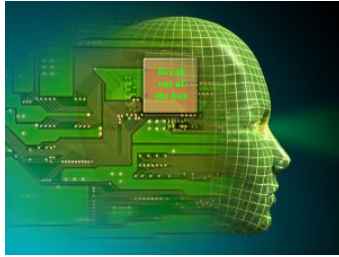
Footnote after applying the technique laid out here she passed her exam and in the examiner's words "With flying colours" and she is now looking at studying for her next level

Keynote: Getting Clarity

WHERE – is the compass that points you in the direction of your desires and keeps you on course

WHY – is the fuel that will give you the intrinsic energy to keep moving forward and support your mental, physical, emotional and spiritual health –





Step 2 – Intention

"Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love. Everything that happens in the universe begins with intention. An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your "consciousness can they grow and flourish." Deepak Chopra

Now that you have clarity about **what** you want to create, **where** you want to go with it and **why** that is important, the next vital step is to start to create solid intention.

***Intention means to get ready do –
it is your mind energy,
it signals the energy to be on notice
— get ready we are about to create***

Every time you go to stand up you must create the intention first. The intention informs the brain to start to send impulses to the correct muscles to have them ready to support you. It isn't until you loose the power to stand on your own that you would realize just how many thoughts (intentions) go into completing this difficult task.

Intending to create something is exactly the same process, you have to inform the energy where it must go in order to materialize what it is that you want.



Contemplation Time — Think again about what you have decided to create. Notice what thoughts start to come into your mind. As soon as you start to make change in your life your fears will surface, our mind starts to throw up subconscious resistance. Resistance in the form of negative thoughts, feelings, beliefs and behaviours. This resistance is just our subconscious mind's way of keeping us safe, in control and comfortable in our existing comfort zone. If this resistance is stronger than our desire to have our new goals and results then very shortly we will have returned to our old way of doing things and therefore we will get the same results we have always got. Ultimately leading us to a cycle of frustration, which unhindered can very quickly lead to a life of dis-satisfaction and lack of fulfillment. That is why you have to know the **WHY** you want to create your vision. Knowing the **WHY** will sustain the energy and keep you moving.



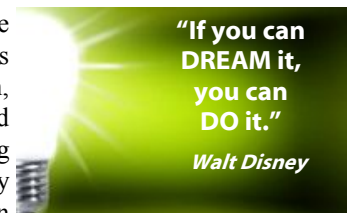
We then have to earth our intention by—taking ACTION

Unless you actually make the move to stand up all the intentions in the world won't get you out of the chair. The same principle applies to your vision, you have to put your intentions to work by taking action but it is very specific action and again it has two components.

- 1 Seeing with the mind in 1st person
- 2 Physically doing what the mind sees

Component 1 : Observing your vision in your mind's eye.

When we were young many of were told "Stop daydreaming" unfortunately we were discouraged from being able to access this fabulous field of possibilities. This is where every invention on earth started, every dream for a glorious civilization, philanthropic work, engineering feats, beautiful art and music, anything that could be made in the physical world started here in the imagination. It is the dreaming room that builds an idea, nourishes it and allows it to start to materialize – many people refer it to the quantum field where observed energy starts to collapse down and in the process draws to it people, places, times and events to support it.



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The correct procedure for doing this is to see your vision in “First Person.” Most people see what they want as a movie, where they are watching themselves complete the task. Unfortunately this is incorrect as while you are looking at it, your mind has gone into what is referred to as binary mode and all your thoughts begin to swing as the stimulus and response mechanisms start up in your brain. Subconscious conditioned beliefs about deservedness or your “not enoughs” begin to surface and merge into the positive vision you are holding of yourself and all of a sudden your concentration is diffused into an innate argument of – ‘You don’t deserve that, who are you kidding’ “when was the last time you were good at anything” the list of accusation go on and on – all those old wounding beliefs start to create a chatter that drowns out our ability to stay focused.

We need to go into the vision as first person, which means we are seeing our inner world the same way as we look through our physical eyes and see our outer world. That would mean that we are not seeing ourselves except maybe for our hands or if we look down the front to our body. When we approach the vision this way the brain switches and becomes single minded. It is now concentrating on taking us through the experience just as it would in the physical world and the chatter in our head becomes non-existent. That way we can hold the vision and as Esther Hicks explains in Law of Attraction if you can hold thought for an uninterrupted 68 seconds the observer in you starts to collapse down the quantum field. Once you become proficient at holding your vision in first person you will notice that another interesting phenomenon you will start to feel excitement, happiness joy, determination and peace about your vision and we will discuss this in the third step

E.g. if your vision is to build or expand your business and your why is because you revel in achievement

- ◆ How will it look when I have it?
- ◆ How would I walk into a room?
- ◆ How would I introduce myself?
- ◆ What would I do now that the business is self sufficient – would I be going on holidays or maybe diversify into other businesses?

This is what you need to see your self doing in first person.

Component 2 : Your outside world has to be congruent with the inner vision.

Now you must take physical action to support the vision. Not just any action but exhibiting in life all that you decided above. To be a successful person you must act the same way a successful person would act . To be a confident person you have to behave like a confident person in all situations. Without this action your vision will be just fantasy.

You will need to address;

- ◆ Your posture – how does a successful person stand, sit, move
- ◆ Gait – would you just slump along or would there be a spring in your step – you are a person going somewhere with purpose
- ◆ Facial expression – would you be scowling at people or would your eyes be smiling and your face friendly because you are sure of yourself and your direction in life
- ◆ How would you answer the phone
- ◆ How would you deal with an irate customer
- ◆ How would you relate to friends and family
- ◆ How would you encourage people

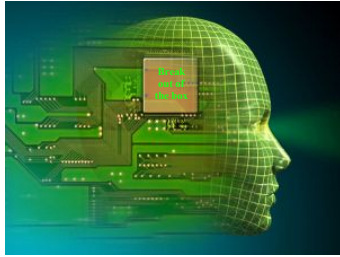
Stop now!

Write down all the actions you would take if you were a highly successful person and then over the next few months practice being this in your everyday life

Is it worth the trouble?

Is having an authentic, purpose filled life, that allows you to stay calm no matter what is happening worth it?

Only you can answer those questions. But if the answer is a resounding YES your life will change forever!



Step 3 – Emote It

"There can be no knowledge without emotion. We may be aware of a truth, yet until we have felt its force, it is not ours. To the cognition of the brain must be added the experience of the soul."
- Arnold Bennett

When we combine an **emotion** with a **thought** we create the most power force in the universe - a **feeling**. We can have lots of thoughts without attaching an emotion and they drift through our mind and we rarely give them any attention. But if an emotion becomes attached to a thought there is a chemical reaction that happens in the brain and we will feel a reaction in our body. Lets say for example you are trying to loose weight and you see your reflection in a shop window as you walk by – there are two things that could happen

1. You could get a rush of happiness as you admire your changing figure. Or
2. You could feel your stomach churn and be overwhelmed with a sense of sadness as you go into criticizing and admonishing your reflection

The **stimulus** is the same, seeing your reflection but the **response** is entirely different, it all depends on the emotional currency invested in the thought. If you have beaten yourself up for years for being over weight, been criticized by others, or taunted when you were young by peers and adults, you will have a lot of negative emotional currency invested in the response so option 2 will be the most likely outcome. This is what is known as conditioning

We become conditioned to our emotions and in many cases our body becomes addicted to the chemicals that the brain releases every time we experience feeling associated with that emotion. So in time the body starts to control the mind and if it constantly needs a dose of "I am not enough" chemicals it will find situations to create a reaction within your thoughts and emotions to manufacture them.

To start to layer the effect of bringing our vision into being we have to choose which emotions we want to experience so that they can create feelings that vibrate on a different level to our old conditional thinking.

E– Motions – energy in motion

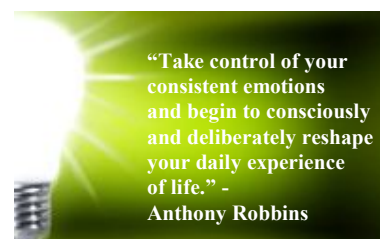
Emotions light the fuel of the **WHY** and move us forward in our vision of our future on the physical plane. They emit a frequency that draws people, places, times and events that are congruent with the feeling frequency that we are emitting.

Think about it – someone from the other side of the world dials your mobile number and out of the millions of mobiles in the world –yours is the one that rings. The reason is that your phone and only your phone rings is because it is frequency specific to those numbers. Feelings work the same way, they draw to them people who are vibrating on the same feeling frequency. Positive outlook – positive people in your life. Negative outlook – negative people in your life.



Contemplation Time

Think about how you would feel if your vision manifested when you woke up tomorrow morning!



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Action Time

Below is a list of possible emotions go through them and tick which ones you feel would be present if you were living the life you are seeing in your vision.

Don't be limited by this list, it is just a guide line you can add your own emotions that you feel are important to you.

AFFECTIONATE

Compassionate
Friendly
Fond
Loving
Openhearted
Sympathetic
Tender
Warm

CONFIDENT

Empowered
Open
Proud
Safe
Secure

INSPIRED

Amazed
Awed
Wonder

ENGAGED

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

GRATEFUL

Appreciative
Moved
Thankful
Touched

EXCITED

Amazed
Animated
Ardent
Aroused
Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant

HOPEFUL

Expectant
Encouraged
Optimistic
Inspired

JOYFUL

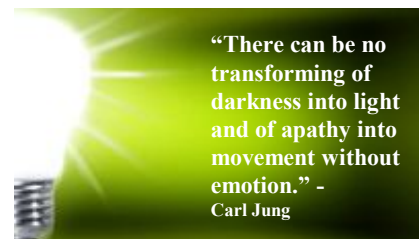
Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled
Overjoyed

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled
Electrified
Euphoric
Overjoyed

PEACEFUL

Calm
Clearheaded
Comfortable
Centered
Content
Equanimity
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting



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Re –read your vision statement that you wrote on page 4

Contemplation Time – What will it feel like when I have this?

You need to be able to emote this on all levels -

- ♦ Mentally
- ♦ Emotionally
- ♦ Spiritually
- ♦ Physically

This is what is meant to be holistic.

Emotions are the expression of “Being” - “to Be” means to be attuned to — congruent

Using the example of—Being Confident

Mentally - My mind will feel clear

Emotionally - I will feel joyful

Spiritually - I will feel peace

Physically - I will feel energized

Layering the Vision in the mind’s eye

Now go back to your vision see it happening again in first person and at the same time bring into being the feelings you have identified that would support and fuel this vision. Become aware of where they are in your body.

As you do this you will feel the energy stream get stronger and you will start to smile which then takes your vibrational energy to a higher faster vibration. The faster the vibration the sooner your vision will appear in the material world.

Layering the Vision in the your physical present world

To re-earth this step - Think about your behavior again -

How will choosing my feelings help me in my physical world based on the above example?

Mentally - My mind will feel clear - e.g. I will make decisive decisions, stay focused

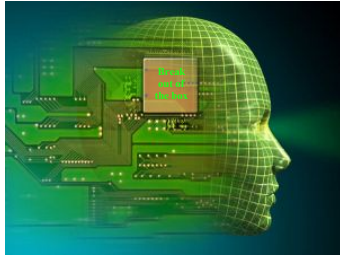
Emotionally - I will feel joyful - e.g. The day will seem brighter and lighter

Spiritually - I will feel peace - e.g. I will be able to stay balanced despite the situation

Physically - I will feel energized - e.g. I will be able to achieve more

Emotions simply translate to “Energy in Motion” and that is the fuel that you need to fire up those wishes and make them a tangible reality.





Step 4 – Determine It

You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind.

- Darwin P. Kingsley

How the issue affects your thoughts—Head Issues

***There is only one reason why I haven't brought my desire into my life.
That reason is because I have resistance on some level.***

Your thoughts become your beliefs and then your beliefs become your thoughts and so the loops in your neo—cortex become firmly rooted and become your behaviours and your repeated behaviours become your destiny.

When I tried to create my desire in the past what were some of the thoughts that kept playing in my mind?

Step 1



List them all down - stupid, not good enough, too dumb, not enough money, what if I fail,

What does the “committee of they” whisper to you? - the voices in your head.

Where did these thoughts come from?

When we say “I am” we become frequency specific with it.

- . I am stupid
- . I am broke
- . I am hopeless
- . I am not enough

People, places, times and events align to support these beliefs.

Thoughts are the energy of creation — you have to learn to be aware of where your thoughts are at any given time—energy leaving your body, feeling fearful or overwhelmed, is a clear indicator that you have moved into ego based thinking and you have disconnected from your Higher Self and are now at the mercy of negative emotions,



Contemplate

If you have done Inner Child see if you can pinpoint what age child is still believing the illusions that have been inflicted on you?

Think about the ways you have sabotaged yourself in the past with your thoughts,

What situations did I draw into my life that confirmed that I could not have it?

Step 2

Thoughts are an expression of “Doing” - “to Do” means to take action

Whether we think positively or negatively we are actively creating our life through what we are paying attention to.

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To start creating positive energy through your thoughts you need to sort what your personal values are – values are the way we express our true self in life.

“Personal leadership is the process of keeping your vision and values before you and aligning your life to be congruent with them”..... Stephen Covey

Your values are ways of being in the world, when you are true to your values you will begin to get your life in flow which means what you want to create comes to you instead of you chasing it. Being accepting of yourself, being honest with yourself, being knowledgeable of yourself, are all ways of being in the world and are powerful magnets for attracting good into your life.

When we are not truly expressing our personal values we often get feelings of guilt and shame coming up.



Action

List 10 personal values that are important to you – not societal value, religious values but your own. E.g. you may value acceptance, knowledge, peace, compassion, well being, Respect/self respect

Write down where do I use these in my own life not for others but for me personally

Think about it, if one of your values is integrity – your word is your bond , probably you won't let others down but what about integrity to yourself – do you let others steal your time when you decided to have some “me” times, and then get angry because you don't follow through with what you wanted for yourself and then the head talk starts telling you how “stupid” “pathetic” “hopeless” you are and once again you are losing energy

Using the example of—**Being Confident**

Mentally I will consciously choose a higher thought that supports my values

Emotionally I will be aware of my states of being and choose interdependence when interacting with others not co-dependence or independence

Spiritually I will feel connected to source energy

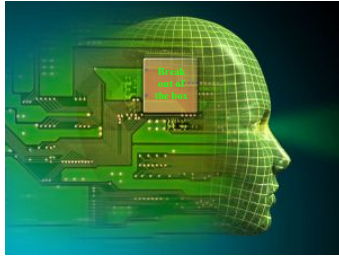
Physically I will live my values

Layering the Vision in the your physical present world

To re-earth this step - Think about your behavior again -

How will choosing my “**Thoughts**” help me in my physical world based on the above example?

Mentally	- My intentions will be clear	- e.g. I will make decisive decisions based on “How can I express my values ?”
Emotionally	- I can choose consciously which way I want to feel	- e.g. I won't be losing precious energy required to run my body to negative thoughts
Spiritually	- I will feel energized because I am in flow	- e.g. Synchronicities will happen fast to pull my desire to me
Physically	- I will feel peaceful and my mind will be still	- e.g. I will be able to achieve more in a day and take decisive actions



Step 5 – What is Stopping Me?

“Being stuck is a position few of us like. We want something new but cannot let go of the old - old ideas, beliefs, habits, even thoughts. We are out of contact with our own genius. Sometimes we know we are stuck; sometimes we don't. In both cases we have to DO something.”

Rush Limbaugh

What you may need to surrender to move forward?

In Alchemy this is known as Calcination—burning off the dross and is the very first step to living an authentic life

Negative Habits are formed through behavior—they are the personas we use to get energy from others. We have to use our persona to gain energy from others as our negative thoughts have built walls around our authentic self disconnecting us from pure Source energy.

Your thoughts become your beliefs and your beliefs become your actions which becomes you habits—habits are patterns of behavior—a way of being which is frequency specific to your original thoughts.



Over the page is a list of patterns that are common in people's lives

Go through each one and think “Do I do this with anyone or anything?” It is very important to be honest with yourself. Sometimes our habits are so ingrained that we actually cannot see that we are behaving in this way. If you are really brave ask someone to go through the list with you and tell you if they recognize any of the patterns in you.

After you have been through the list see which ones of these may be involved in you not being able to materialize the desire you have put down.

Using the example of—Being Confident

Mentally: Pattern 1. Comparing myself to another person

Emotionally: Pattern 52. Feeling like I can't live without someone or something

Spiritually: Pattern 32. Deferring the truth of what I think, feel or want

Physically: Pattern 37. Endlessly making plans

Habits are the action stage of Thought and Feeling

We form patterns due to unmet needs usually set up in childhood resulting in negative feelings and over time they become a normal state of being for us.

These feelings associated with our unmet needs can cause us to form control dramas which become habits. We then use these to try and get our needs met by others. The result is that what we focus on is where we send our energy and where we send our energy is our point of connection. As we feel we are in lack, our energy is depleted, further compounding the belief that we need others and things to make us feel alright and so the cycle goes on.

As stated earlier we fall into patterns that do not serve us to get energy from others and things. After you have identified your patterns have a think about how they came into being. Then turn to page 17 and go through the list of “how we feel when our needs are not met” and identify where these are playing out in your patterns.

What could you do

Mentally — Emotionally — Spiritually — Physically – to create new habits out of the ones that have been sabotaging you efforts to get what you desire.

“It is our choices,
Harry, that show what
we truly are, far more
than our abilities”
.....Dumbledore

Harry Potter & the
Philosopher's Stone

Patterns are both a way of behaving in the world, and a way of seeing the world.

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What patterns are you entrenched in ?



1. Comparing myself to another person
2. Making sure someone knows his/her mistake
3. Being "Nice"
4. Trying to defend myself
5. Needing to prove something to someone
6. Seeking approval from someone
7. Saying "yes" when I don't really want to
8. Speaking crossly to someone
9. Not listening to someone who is talking to me,, but instead planning what I'm going to say next.
10. Talking about someone in a negative way
11. Over-indulging myself
12. Neglecting myself
13. Adding something in or leaving something out, exaggerating or distorting, when telling a story.
14. Complimenting in an overboard manner
15. Getting pushy or pressuring someone
16. Doing something for someone for a payoff, such as being seen as kind or good, rather than just to meet their needs.
17. Being sarcastic.
18. Hurrying, rushing, being frantic.
19. Laughing at someone, not with them.
- ?20. Being depressed, silent, moody, and expecting others to read my mind.
21. Being consistently late.
22. Hiding my anger.
23. Arguing.
24. Worrying.
25. Joking about somebody who isn't present, re: their weaknesses.
26. Sucking up / brown-nosing
27. Being "impressed" with someone. .
28. Thinking about how someone will react or respond to my "neat" or "good" behavior.
29. Putting someone down, in my thoughts or to others
30. Being silent and waiting for someone to ask me what's wrong.
31. Suffering or enduring in silence, but secretly feeling like I'm "better than" because of it.

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32. Deferring the truth of what I think, feel or want.
34. Looking down on or hating any group.
35. Pitying someone (secretly feeling "better than").
36. Looking for a distraction, fun, thrill, or fear experience.
37. Endlessly making plans.
38. Responding to my plans being thwarted or delayed by pushing harder with anger, or making more plans.
39. Being conscious of (or obsessing on) my feelings of confidence, security, superiority.
40. Being conscious of (or obsessing on) my feelings of lack, inability, insecurity, and inferiority.
41. Being "sweet".
42. Being a "good" student, mother, friend, helper, do-gooder.
43. Being "teacher's pet", or best helper for the leader/guru.
44. Believing and acting as if I don't need anyone.
45. Worshipping someone.
46. Waiting to be saved.
47. Trying to save others.
48. Being "two-faced", acting one way with one person, and differently with another person
49. Avoiding things because I'm afraid, rather than just feel my fear.
50. Doing rash or dangerous things in an attempt to push past or control my fear, rather than just feel my fear.
51. Doing *anything* because I'm afraid, rather than just feel my fear.
52. Feeling like "I can't live without" someone or something
53. Acting different in the presence of someone with power, authority, wealth, importance or beauty.
54. Acting from a preconceived "should", either for myself or someone else.
55. Showing only my "Sunday Self".
56. Picking a fight.
57. Having to be first or most healed.
58. Having to be worst or in the most pain.
59. Being accident prone, constantly being injured, OR injuring myself.
60. Being jealous and possessive.
61. Trying to get vengeance.
62. Being clingy, desperate or demanding.
63. Being closed minded about something.
64. Trying to impress someone.
65. Hiding my hurt and being tough, brave, or above it all.



Add Your Own!

"Negative Patterns are symptoms of co-dependency that keeps us locked in the energy of fear, making it impossible for a person to create the life they want. There are only two choices in life love or fear. When our past is unrecognized and unhealed there can only be fear and in many cases we have carried these

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The 7 Essential Steps to Power Up Your Life Vision

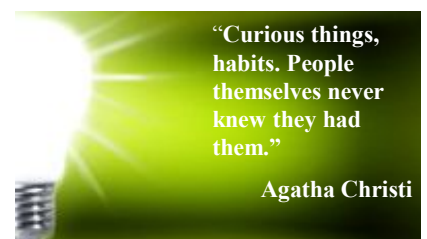


Feelings when our needs ARE NOT met

How do I feel when I can't meet my own personal needs?

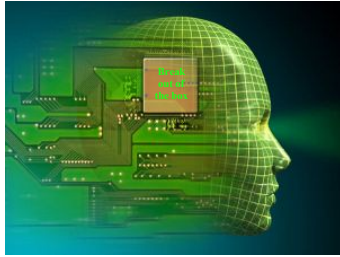
What do I feel like when I keep repeating an old habit that I would like to move away from ?

AFRAID	CONFUSED	FATIGUE	TENSION	SAD
Apprehensive	Ambivalent	Beat	Anxious	Depressed
Dread	Baffled	Burnt out	Cranky	Dejected
Fearful	Bewildered	Depleted	Distressed	Despair
Foreboding	Dazed	Exhausted	Distraught	Despondent
Frightened	Hesitant	Lethargic	Edgy	Disappointed
Mistrustful	Lost	Listless	Fidgety	Discouraged
Panicked	Mystified	Sleepy	Frazzled	Disheartened
Petrified	Perplexed	Tired	Irritable	Forlorn
Powerless	Puzzled	Worn Out	Jittery	Gloomy
Scared	Torn	Weary	Nervous	Heavy Hearted
Suspicious	EMBARRASSED	Appalled	Overwhelmed	Hopeless
Terrified	Ashamed	AVERSION	Stressed Out	Melancholy
Wary	Flustered	Contempt	VULNERABLE	Unhappy
Worried	Guilty	Disgusted	Fragile	Wretched
ANNOYED	Mortified	Dislike	Guarded	YEARNING
Aggravated	Self Conscious	Hate	Helpless	Envious
Dismayed	DISQUIET	Horried	Insecure	Jealous
Disgruntled	Agitated	Hostile	Reserved	Longing
Displeased	Alarmed	Repulsed	Sensitive	Nostalgic
Exasperated	Disconnected	DISCONNECTED	Shaky	Pining
Frustrated	Disturbed	Alienated	PAIN	Wistful
Impatient	Perturbed	Aloof	Agony	
Intolerant	Rattled	Apathetic	Anguish	
Irritated	Restless	Bored	Bereaved	
Irked	Shocked	Cold	Devastated	
ANGRY	Startled	Detached	Grief	
Angry	Surprised	Distant	Heartbroken	
Enraged	Troubled	Distracted	Hurt	
Furious	Turmoil	Indifferent	Lonely	
Incensed	Uncomfortable	Numb	Miserable	
Indignant	Uneasy	Removed	Regretful	
Irate	Unnerved	Withdrawn	Remorseful	
Livid	Unsettled			
Outraged	Upset			
Resentful				



“Curious things, habits. People themselves never knew they had them.”

Agatha Christi



Step 6 – Self Appreciation

It is impossible for us to be happy if we don't love and accept ourselves. Most of us have difficulty with self-love because we have very poor training. As a matter of fact, we have been conditioned not to love ourselves.

To be able to love others unconditionally we first have to be able to love and appreciate ourselves, sounds narcissistic doesn't it but it is the fundamental law to bringing all that is good into our life. Appreciation is a feeling that naturally springs from within.

Self love is not about being arrogant, stuck up, superior or controlling. It is about having unconditional, positive regard for all of yourself – light and dark, your perceived good and bad. It is about knowing your true self, that inner most being that has all that it needs within to be the unique human being you were destined to be.

The way to know yourself is by doing the exercises we have set for you so that you can see what makes your heart sing and how you disconnect with yourself. It is being willing to understand that it is okay to receive as much as you are willing to give. Knowing your values, your personal needs and your boundaries and honouring them.

It is understanding that you invite others to treat you the way you treat yourself. It is about being kind and gentle with yourself when you make a mistake or experience a failure. It is about honouring the whole self by looking after your mind, your body, your emotions and your spirit; all four. It is knowing that love is your birth-right and self worth is your charge. It is not about what you have achieved or what you look like or what others think of you.



Contemplation Time – What do I love about me?

How do I show myself appreciation?



Action Time

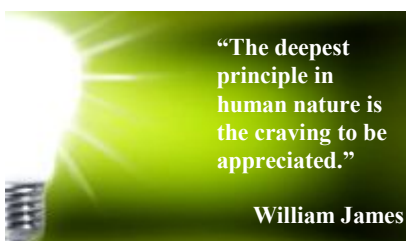
Write yourself a letter of appreciation for who you are right now and who you are becoming.

Compile a list of all the talents you have and really appreciate that they are a part of your uniqueness. Then write how you could use those talents to manifest your vision.

When you consistently focus on appreciating yourself, you will begin to show it on the outside. When this happens you become more charismatic and allow the synchronicities that are required to bring your desires to you to flow at an even greater rate.

Often what we see as negative in others is actually in us. If we stop and wonder about what was the lesson here, we can come to appreciate that there are no accidents in life just messages to help us look deeper into ourselves.

People who appreciate themselves vibrate the energy of deservedness and without this it will be hard to manifest your dreams with ease.



"The deepest principle in human nature is the craving to be appreciated."

William James

"To feel appreciation, means you are raising the value you hold for yourself, for others, or for anything. In its spiritual sense, appreciation signifies that you recognize life's true worth. Expressing appreciation thus involves both an expressive action and an inner attitude." unknown

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Appreciation is different to **gratitude**, the two are equally important but appreciation helps us to emotionally connect with what we are saying.

e.g. If I am grateful for the confidence I now have – appreciation allows me to expand on the “why I am grateful” – and that will come back to a feeling. Here again we have Law of Attraction

The thought is the appreciation, which in turn engenders an emotion, which when coming together with the thought creates a feeling, which vibrates out into the Universe and by the universal Law of Attraction must bring back to us the matching frequency



Start an Appreciation journal, and keep it for 30 days straight.

Every day write 3 things you appreciate about you and your life

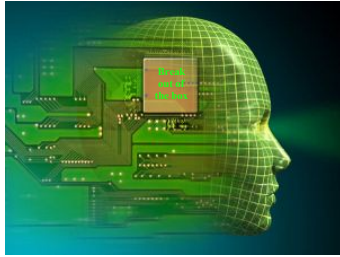
You could appreciate

- ◆ How you are changing old habits
- ◆ How you chose a higher thought over a negative feeling
- ◆ How you managed to speak up for yourself
- ◆ Or how you didn't explode with anger
- ◆ How well you did something artistically
- ◆ How well you did something physically
- ◆ What a great chef you are
- ◆ What a great parent, lover, friend you are

The list is exhaustive please try to find something different to write each day.

After you have written your three things you are appreciative about, go to page 5 and write beside each of your appreciations what **NEED** they may be supporting. Then check page 10 and list beside that how that makes you feel.

At the end of the 30 days, notice how more positive you feel about your life, and about other people but more importantly how more empowered you feel about creating the life you choose and what you choose to manifest in it.



Step 7 – Gratitude

I cannot tell you ... how to be rich. But I can tell you how to feel rich, which is far better, let me tell you firsthand, rather than trying to be rich, be grateful... It is the only totally reliable get rich quick scheme. - Ben Stein

We come now to final step in “**The 7 Essential Steps to Power Up Your Life Vision**” and that is the step of **Gratitude**.

What ever you are wanting to bring into being in your life vision you must be grateful for it. It is important to understand though that there is a science to gratitude which is based on the universal laws. In the new testament Jesus said “*when you pray ask as if you have already received it*”.

This clue is the most fundamental part of Law of Attraction. Law of Attraction is about matching frequency or being congruent with what you wish to create, so the answer is that every day when you are

- ◆ Visualizing what you wish to create – you visualize it as though you already have it,
- ◆ Physically you behave in a manner as though you already have it,
- ◆ Feeling right now, how you will feel when you have it
- ◆ Thinking higher thoughts which vibrationally match the feelings you will feel when you have it
- ◆ Appreciating yourself now for being who you will be when you have it

Everything is in the now, so gratitude is actually thanking for the vision already happening. Most people miss this point and say “I am grateful for that is coming” or “I am grateful that you are bringing.... into my life” these types of phrases indicates to the Universe that you are in lack because it is not present in your life right now and therefore you are vibrationally aligned to lack. People tell me “I have done everything you told me – so where is my stuff” but they have misunderstood or have not done this final step correctly.

Lets go back to the beginning with my client wanting pass her exams. Her gratitude statement was:

“I am so grateful that I now work in a position of authority where I am confidently administer medicines to patients for their ease and health. I am so grateful that I now have and use the knowledge necessary to run my department in a professional manner.”

This attitude of gratitude will draw to her everyone and everything that helps her attain it.

When you are in a sincere state of gratitude your energy (vibrational resonance) is one of acceptance and harmony. You resonate, and as a result project a much higher vibrational frequency which is exactly what attracts to you the events, conditions, and circumstances that you desire....

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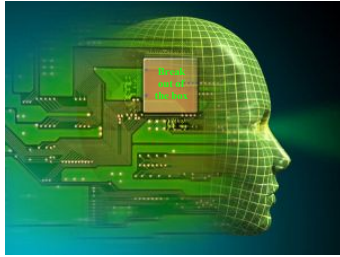


Action – Get A Gratitude Journal

Before you go to bed each night make sure you affirm your gratitude for what you are creating and then list 5 things that you were grateful for that happened during the day.

Make sure you include any tough lessons you may have faced and see if you can find the gold in it

Gratitude needs to be sincere so think about **why** you are grateful for the events you have written down and record that. Then refer to page 10 again and match what you are grateful for with a feeling.



Review

“The reason why most people never reach their goals is that they don’t define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.....”

Denis Waitley

Become a Visionary and create the life you choose

Being a visionary does not mean that you won’t have hard times and disappointments but it will mean that you no longer react to what is happening in your life. You will see set backs as a challenge to learn from rather than be defeated by. You will approach life with far less stress and a clarity that brings peace to your being.

These pages hold the steps necessary to become a great visionary by getting to know who you really are and what you truly desire. But they will not magically transform your life by just reading them. It requires work, desire and determination to find your authentic self that went to sleep long ago when the illusion of false beliefs were imposed on your thinking in your early years.

Abundant Life Solutions has in place all the necessary information and workshops to help you with this amazing journey called life.

We would love to hear about your progress so please email us and keep us informed on how your manifesting is progressing.

Take a walk through our website for further information about how Abundant Life Solutions may be able to assist you in your journey.

Dream big, dream magnificently but ground them solidly to the earth so they can manifest in your life by following
The 7 Essential Steps to Power Up Your Life Vision!

